

# Ashtanga Vinyasa Yoga Weekend Intensive with Iman 16-18th February

## Ashtanga Vinyasa Yoga Weekend Intensive

### Thursday 16th:

**6-8pm**

Introduction to the history of Ashtanga Vinyasa Yoga followed by a gentle asana class.

**Cost:** 150 Dirhams.

### Friday 17th:

**12-2pm:** A simple guided meditation followed by a guided Ashtanga Vinyasa Yoga Session.

**4-6pm:** An introduction to the Fundamentals of Ashtanga Vinyasa Yoga, The Vinyasa system and how to apply it to our daily practice.

**350 Dirhams for the Full day.**

**250 Dirhams - Ashtanga Vinyasa Yoga Session**

**200 Dirhams – Afternoon Session**

### Saturday 18th:

**12-2pm:** Guided Meditation followed with a guided Ashtanga Vinyasa Yoga Session.

**4-6pm:** A Talk on Tristhana, introducing Bandhas, Ujjayi Breath and Drisitis, the secrets to gaining awareness and strength in our practice.

**350 Dirhams - Full Day**

**250 Dirhams - Morning Ashtanga Vinyasa Yoga Session**

**200 Dirhams - Afternoon Session**

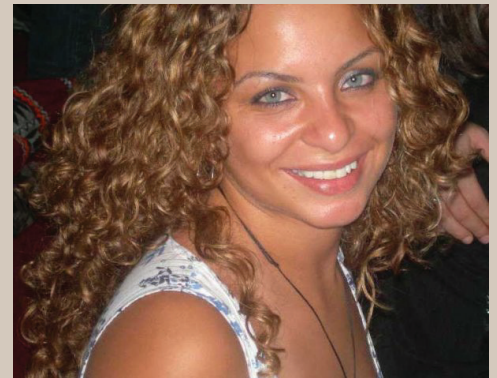
Experience a fun and inspirational weekend and learn about the fundamentals of Ashtanga Vinyasa yoga as you immerse yourself in the healing qualities of yoga through the basic understanding of synchronizing breath and movement.

With awareness, rhythm and control, we can learn to use our own breath and turn our practice into a rhythmic dance. During this workshop, Iman will introduce us to the science of Vinyasa, how to apply it in our daily practice, and how to follow your own breath to control your body and stop the cessations of the mind.

Iman will also guide us through meditation techniques and breathing exercises to go beyond our asana practice and connect spiritually with our higher selves.

Each day we will start with an invigorating session as we move and flow with the breath. Ashtanga Vinyasa Yoga teaches us to slow down, breath and purify our bodies through movement. Afternoons are focused on yoga philosophy and how to use and apply specific techniques to advance and deepen our practice. We also offer a special price of 750 Dirhams for the full 3 day workshop and a 10% discount for early bookers.

### Iman bio



Iman stumbled on a yoga class 10 years ago and felt an instant connection and love for the practice ever since. She spent a few years exploring different styles of yoga as she quickly realized that she was embarking on a long journey ahead. She then travelled to India where she was introduced to Ashtanga Vinyasa Yoga as taught by the late master Guru Sri.K.Pattahbi Jois. Over the course of years she regularly visited Goa and Mysore to learn under great teachers such as Sharath Rangaswamy, Rolf & Marci Raunijkot, Petri Raisanen, Michael Gannon, Noah Williams, and many more. Living in India has taught her how to slow down and look within as she immersed herself in the Indian culture and the discipline and lifestyle of this ancient practice.

After spending a major portion of her life dedicated to self growth through yoga and its practices, she then moved to Egypt, where she holds regular daily classes and retreats.

In her unique, playful and laid back approach, she helps her students realize their own as they deepen their understanding of their yoga practice. She is known to apply hands on adjustments and encourages students to flow slowly with a great emphasis on the breath to still the mind.

Through self awareness and peace of mind, anything and everything is achieved. Ashtanga Vinyasa yoga helps us purify our bodies, clear our minds and delve deep into a magical world within.

You can contact Iman on [iman.elsherbiny@gmail.com](mailto:iman.elsherbiny@gmail.com) and visit her page [Ashtanga Yoga Egypt](#).